

(1) Words can shape the mind, and the outlook of the mind defines your quality of experience. So, one should be careful to not exaggerate the stressful aspects of life and to emphasize the good factors.

Through counting one's blessings one can feel blissful about oneself and their life circumstances.

You are just one, for yourself you should have compassion. The resolution of everything is not all up to you.

Experiences are like food, you can make dishes better or worse, depending on how you choose to talk and think about them. Experiences are like meals, you can make them worse or better with the seasonings of pessimism and optimism, depending on how you choose to verbally and intellectually relate.

(4) Blessed are the poor in spirit, for theirs shall be the splendors of heaven. Blessed are those who grieve, for they shall be comforted. Blessed are the diligent doers of good, for they shall inherit the heavenly attendants. Blessed are those who hunger and thirst for equity, for they shall have their fill. Blessed are the twice thinking before doing harshnesses, for they shall receive no lack of mercy by time. Blessed are the pure of spirit for they shall see the gleaming heavens. Blessed are the peacemakers, for they will be named beloved of the heavens. Blessed are those who stand for the cause of righteous justice, for theirs shall be the paradise of higher heavens. ♥ To practice self-uplifting care is to practice care for all the world through oneself. It is helpful to make the best of things by being optimistic. To get obsessively accustomed to doing that which is good and healthy and ideal, especially to the point of being stuck in the trajectory of advancedness and goodness is highly advantageous. It is wise to often contemplate the perfecting of insight, the perfecting of vision, the perfecting of processing insight and the perfecting of discernment. What is the wisest destination to set as your aim? What is the most perfectly ideal direction? What is the most precise way to achieve the consummation (perfection) of your existence? How can you more efficiently achieve the consummation of your existence?

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(2) The skies silently declare the existence of somethings more advanced. The skies silently proclaim the existence of somethings more intricately complex. Day after day the skies pour forth silent speech; night after night they display advancedness and superiority. They have not earthly vocalization, they express not in mundane words; no worldly sound is heard from them. Yet their voices go out into all the earth, their displays of higher complexities infuse to the beyond. It appears as if the skies are balanced, encircled and contained within higher stellar heavens.

Do unto others as you would have them do unto yourself.

Every careless word that speak the people, for it they shall pay after the time of the heavenly decision over the soul. Every careless deed that do the people, for it they shall pay after the time of the heavenly decision over the soul. What things that one does sow, those also shall they reap.

(3) Heavens Supreme let me be perfect.

It can be said that to be saved means to be safe from the dangers of living inconsiderately.

According to legend, the word Christ came from a ceremonial honoration practice of gracefully anointing a saint with botanical oils in recognition of their proven considerateness and worthiness of being considered esteemed.

Behaving kindly is not a sign of weakness, but the proof of reasonability and true strength.

You are the salt of the earth, you are precious!

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